

# Coffee-Electrocardiogram Experiment

## using latin square design

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## 1 Introduction

## 2 Design and the Data

## 3 Analysis

## 4 Conclusion

## 5 Related Contents

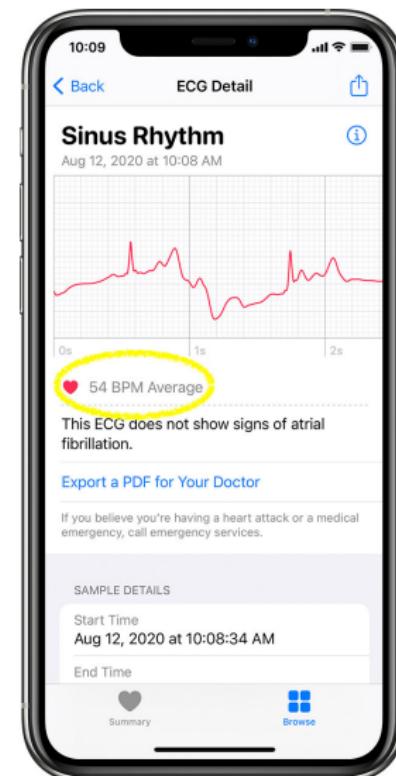
## Section 1

### Introduction

# Electrocardiogram Experiment

## Goal

- Does caffeine affect ECG or *heart rate*?
- Caffeine: *coffee*
- Output: Average heart rate (BPM)



# Latin Square Design

Table 1: Reduced Latin Square

Row	Column			
	1	2	3	4
1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	A

- Each treatment once in each row and column
- We allocate 4 treatment levels randomly

## Section 2

Design and the Data

# Blocking Factors

Caffeine intake depends on the following two factors (한동하, 2018).

## Row: Coffee-to-water ratio

- ① 1:0 (Espresso, 40 ml)
- ② 1:2.5 (Water 100 ml)
- ③ 1:5 (Water 200 ml)
- ④ 1:7.5 (Water 300 ml)

## Column: Drinking speed

- ①  $\leq 5$  sec
- ② 5-15 sec
- ③ 15-30 sec
- ④  $30 <$  sec



Figure 1: Coffee (40 ml)

# Factor

Intake of caffeine (himynameisabcde, 2020) from Starbucks by Nespresso

- ① House blend: 74.5 mg
- ② Sumatra: 54.5 mg
- ③ Decaf espresso roast: 3 mg
- ④ Just water: 0 mg

# Output

Value: Average heart rate

- in BPM
- Notations from the course (Lee, 2021)
- Since there exists variation, we consider difference of BPM after and before:

$$y_{rc}^{post} - y_{rc}^{pre}$$

Measure

- Apple Watch Series 4
- ECG app
- Algorithm version: 1



# Randomized Assignment

- ① Randomly allocate (1, 2, 3, 4) to previous (A, B, C, D)
- ② Assign to above Table 1

```
set.seed(1)
sample(LETTERS[1:4])
#> [1] "A" "C" "D" "B"
```

- (A) House blend (74.5 mg)
- (B) Water (0 mg)
- (C) Sumatra (54.5 mg)
- (D) Decaf espresso roast (3 mg)

# Latin Square

Table 2: Design of the Experiment

Water	Drinking Speed			
	<=5	5-15	15-30	30<
0 ml	H(74.5)	W(0)	S(54.5)	D(3)
100 ml	W(0)	S(54.5)	D(3)	H(74.5)
200 ml	S(54.5)	D(3)	H(74.5)	W(0)
300 ml	D(3)	H(74.5)	W(0)	H(74.5)

<sup>1</sup> 'Water' is the coffee-to-water ratio (divide with 40 ml)

<sup>2</sup> Numbers in the brackets indicate caffeine (in mg)

- Use *reduced latin square*
- Randomization test afterward

# Controlling the Other Variables

## Coffee

- Drink coffee every morning (between 8:30 a.m. and 9:00 a.m.)
- after eating a piece of bread
- Nespresso machine: Pixie C61 in my home

## Measure

- Sitting at the table
- Rest my arms on the table
- Use the same strip
  - Nike sport band
  - of same fit (8-th)
- and other instructions in  
<https://support.apple.com/en-us/HT208955>

## Section 3

Analysis

# Dataset

Table 3: Experiment Data

water	Drinking Speed			
	<=5	5-15	15-30	30<
0 ml	HB, 9	W, 1	S, 7	D, 3
100 ml	W, 2	S, 6	D, 3	HB, 14
200 ml	S, 4	D, 3	HB, 1	W, 0
300 ml	D, 2	HB, 4	W, 2	S, 4

<sup>1</sup> Caffeine: HB > S > D > W

<sup>2</sup> Numbers indicate the difference after and before taking coffee

# Observed Outcomes

Table 4: Observed Outcomes from LS Experiment

	1	2	3	4	Mean
1	9.00	1.0	7.00	3.00	5.00
2	2.00	6.0	3.00	14.00	6.25
3	4.00	3.0	1.00	0.00	2.00
4	2.00	4.0	2.00	4.00	3.00
Mean	4.25	3.5	3.25	5.25	4.06

- Each cell:  $y_{rc}$
- Column:  $\bar{y}_r$ .
- Row:  $\bar{y}_{\cdot c}$
- Grand mean:  $\bar{y}_{..}$

# ANOVA

Table 5: ANOVA Table

Source	Observed			F-Statistic
	DF	Sum Sq	Mean Sq	
water	3	44.19	14.73	1.625
speed	3	9.69	3.23	0.356
coffee	3	78.69	26.23	2.894
Residuals	6	54.38	9.06	
Total	15	186.94		

- ANOVA table from the observed data
- $F_{Tre} = 2.894$ : has causal meaning
- Here p-value is 0.124
- Randomize  $F_{Tre}$  under sharp null

# Sharp Null

## Sharp null hypothesis

- of **no effect**
- $H_0 : y_{rc}(1) = y_{rc}(2) = y_{rc}(3) = y_{rc}(4)$
- for all  $r, c$

## Imputing

- ① Under the sharp null,  
impute the missing  $Y_{rc}(k)$
- ② Apply the formulation

Table 6: Observed Values of the Science Table for the Coffee-ECG Experiment (row 2 and 3 omitted)

id	water	speed	coffee	Observed $y_{rc}(k)$			
				HB	W	S	De
<b>Row 1 (Water 0 ml)</b>							
1	1	1	1	9			
2	1	2	4		1		
3	1	3	2			7	
4	1	4	3				3
<b>Row 4 (Water 300 ml)</b>							
13	4	1	3				2
14	4	2	1	4			
15	4	3	4		2		
16	4	4	2			4	

# Imputation of Observed Potential Outcomes

Under the sharp null,

Table 7: Imputed Outcomes under the Sharp Null

id	water	speed	coffee	Observed $y_{rc}(k)$			
				HB	W	S	De
<b>Row 1 (Water 0 ml)</b>							
1	1	1	1	9	9	9	9
2	1	2	4	1	1	1	1
3	1	3	2	7	7	7	7
4	1	4	3	3	3	3	3
<b>Row 4 (Water 300 ml)</b>							
13	4	1	3	2	2	2	2
14	4	2	1	4	4	4	4
15	4	3	4	2	2	2	2
16	4	4	2	4	4	4	4

# Randomization Test

- Following the same step we learn in the class (Lee, 2021)
- Iterating 2000 times
- p-value is:

$$pvalue = 0.125$$

i.e. Not significant as in ANOVA table (p-value of 0.124)

# Randomization Distribution

See the histogram.

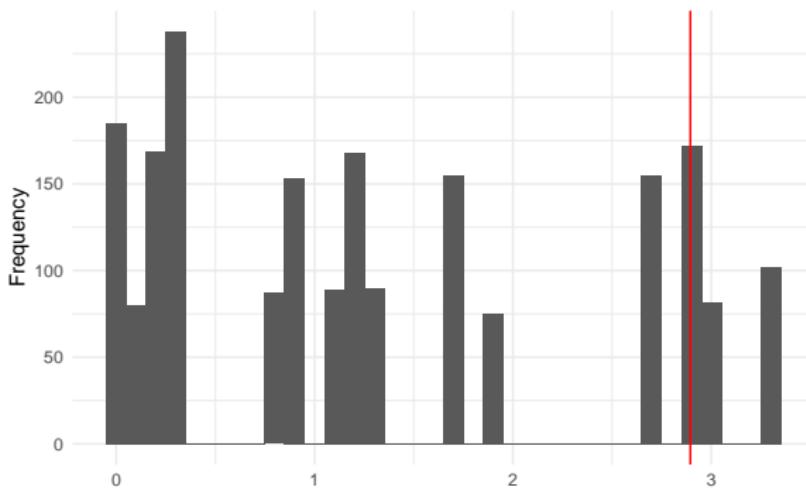


Figure 2: Randomization Distribution of  $F_{Tre}$  under the Null

## Section 4

Conclusion

# Conclusion

- Recall:  $H_0 : y_{rc}(1) = y_{rc}(2) = y_{rc}(3) = y_{rc}(4)$
- i.e. Caffeine's effect on average heart rate
- We expected the effect was significant
- However, there was *no significant evidence* (p-value of 0.125) 😭

# Discussion

Why this result?

- Caffeine **tolerance**
  - I have taken coffee everyday
  - Was coffee I have taken too small?
- **Outliers**
  - Unit 8 seems outliers
  - Table 3: value of 14

# Future study

- Other samples
  - Re-define the levels of each factor
- Re-measure (for Unit 8)
  - Figure 3: Change  $y_{24} = 14$  to 10
  - P-value becomes 0.046 😱

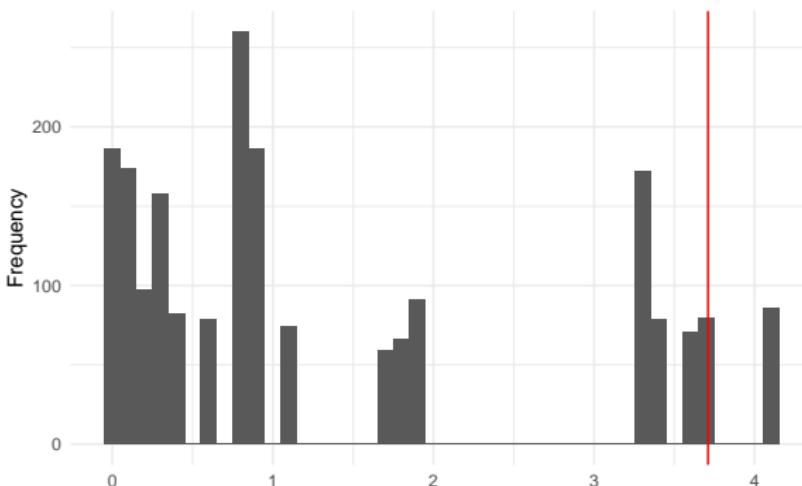


Figure 3: If (2,4) were the different value 😱

## Section 5

Related Contents



## Q & A

### Codes

- My Github repository: **ecg-experiment**
  - <https://github.com/ygeunkim/ecg-experiment>
  - includes source codes for this analysis
  - and R markdown files

himynameisabcde (2020). r/nespresso - i received the caffeine content numbers for starbucks nespresso pods!

[https://www.reddit.com/r/nespresso/comments/id31r5/i\\_recieved\\_the\\_caffeine\\_content\\_numbers\\_for/](https://www.reddit.com/r/nespresso/comments/id31r5/i_recieved_the_caffeine_content_numbers_for/).

Lee, K. (2021). Design and analysis of experiments (sta5031).  
<https://icampus.skku.edu>. Accessed: 2021-03-20.

한동하 (2018). [한동하 원장의 웰빙의 역설] 냉커피는 뜨거운 커피와 어떤 차이가 있을까?

<http://www.k-health.com/news/articleView.html?idxno=37375>.